



Connecting for Life - NGO Strategy Implementation Monitoring Report

Q1 2024

HSE National Office for Suicide Prevention



Connecting for Life - NGO



Connecting for Life - NGO



Introduction and Overview This Period



Overview of Progress on Strategic Goals



Needs Attention and Off Track Actions



Connecting for Life - NGO





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Introduction and Overview This Period

This is the implementation monitoring report for Connecting for Life (CfL) for the activities of our NGO partners. Comprehensive work is being carried out by our NGO partners and this report does not capture everything. It provides a broad overview of reach and developments in Q1 2024.

NOSP works to ensure that funded initiatives align to the strategic objectives of CfL. A Service Level Agreement (SLA) is in place with all funded NGOs. The NOSP aims to work collaboratively with our NGO partners and to facilitate opportunities for networking, sharing knowledge and learning, resources and expertise. The NOSP continues to facilitate and support monthly networking calls with representatives from all funded NGO partners and to have NGO representation on the National CfL Cross Sectoral Steering and Implementation Group.

Many of our NGO partners work with specific priority groups that have been identified in CfL, for example, people with mental health problems, those bereaved by suicide, the LGBTI+ and Traveller communities and younger people.

Our NGO partners offered a diverse range of interventions to services users / clients this quarter, including psychotherapeutic counseling, bereavement supports, addiction and wraparound supports, helplines, email and text supports.

Some highlights from this period include:

- Childline received 29,703 calls and chats and responded to 23,387. 27% of all interactions involved a mental health component.
- Dubin Simon, in response to the number of young adults (18-24) accessing emergency accommodation in Dundalk Co Louth, have started hosting a weekly drop in counselling clinic
- In Q1 2024, the NSRF published 6 peer review papers and the National Self-Harm Registry Annual Report for 2021. NSRF researchers hosted a World Cafe, delivered several presentations and attended steering group meetings on national committees.
- Pieta has worked with 2,514 unique intervention clients requiring support for suicidal ideation and/or self harm (1,036 Under 18; and 1,478 Adults). In the reporting quarter, a total of 11,542 client appointments were attended. Over 10,000 calls were also made to the Helpline.
- Spunout saw 403,101 Total visits to their website in Q1 2024; 183,512 of those visits



specifically from Ireland.

This period, updates were received from 22 partners.


Aware (Aware)
Belong To (BeLonGTo)
Dublin Simon Community (Dublin Simon)
Exchange House Ireland (Exchange House)
Family Resource Centre (FRC)
First Fortnight (First Fortnight)
GAA (GAA)
Healing Untold Grief Groups (HUGG)
Irish College General Practitioners (ICGP)
ISPCC Childline (ISPCC)
LGBT Ireland (LGBT Ireland)
Men's Health Forum in Ireland (MHFI)
MyMind (MyMind)
National Suicide Research Foundation (NSRF)
Pieta (Pieta)
Samaritans Ireland (Samaritans)
Shine (Shine)
Spunout (Spunout)
Suicide or Survive (SOS)
Transgender Equality Network Ireland (TENI)
Turn2Me (Turn2Me)
Union of Students in Ireland (USI)

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2 Overview of Progress on Strategic Goals



Connecting for Life
7 Goals 71 Actions

1



Improved Understanding

2



Empowered Communities

3



Focus on Priority Groups

4



Better Access to Support

5




High Quality Services

6



Reduced Access to Means

7



Better Data & Research





Goal 1: Better understanding of suicidal behaviour.

1.2 Increase awareness of available suicide prevention and mental health services.

- Childline received 29,703 calls and chats and responded to 23,387. 27% of all interactions involved a mental health component.
The organization had 24,091 users, 31,728 visits and 59,799 page views. 2 articles were posted on website re. suicide.
Crisis Line was opened in Q1. 36 volunteers in training. **(ISPCC)**
- In Q1, Samaritans delivered,
122,006 calls for support and 1,012 emails answered
Upgrade of phone system and branch network underway
Webinar/talks delivered to 400 attendees
8 training programmes delivered to 32 attendees **(Samaritans)**
- Spunout saw 403,101 Total visits to their website in Q1 2024; 183,512 of those visits specifically from Ireland.
Reached 789,343 people on Instagram/Facebook through paid ads; 324,989 through TikTok paid ads.
Increase in website sessions from Ireland via Social Media, 451% increase for March 2024 year-on-year.
(Spunout)

1.3 Reduce stigmatising attitudes to mental health and suicidal behaviour at population level and within priority groups.

- Shine's Workplace Programme certification event took place in Q1 with 10 companies completing the full programme.
6 workplace talks took place in Q1 (3 were cancelled and reschedule for Q2).
Ambassadors took part in several national events - Int. Women's day, Eating Disorders Awareness week, Dáil na nÓg **(Shine)**
- At First Fortnight 2024, the organisation worked with 156 artists and 21 technical staff to deliver 69 events to a diverse audience of over 6000 in 11 counties and online.
95% of audience survey respondents 'agreed' or 'strongly agreed' with the statement 'I felt welcome at First Fortnight'. **(First Fortnight)**





1.4 Engage and work collaboratively with the media in relation to media guidelines, tools and training programmes to improve the reporting of suicidal behaviour within broadcast, print and online media.

- Analysis of 2023 Shine media monitoring using new model underway.
Planning for Mental Health Media Awards underway with sponsorship by Coimisiún na Méan secured to support the hire of larger capacity venue.
126 students across 6 universities received workshops on suicide reporting guidelines. (**Shine**)





Goal 2: Supporting communities to prevent and respond to suicidal behaviour.

2.2 Ensure that accurate information and guidance on effective suicide prevention are provided for community-based organisations (e.g. Family Resource Centres, Sporting Organisations).

- FRC recorded 3 SPCOP sessions to 50 participants
SPCOP Booklets Established Steering Committee
Suicide Prevention E-COP - postponed- under review
WRAP Seminar 1-2 sessions-32 participants
WRAP Seminar 2 - planning stage-
Wellbeing Workshops-1 session- 60 participants **(FRC)**
- The GAA supported clubs during critical incidents throughout Q1. CIR training was delivered in Q1
Movember Ahead of the Game mental health literacy programme delivered to 155 clubs to date.
Ireland Lights Up walking Initiative
Lets Talk About Suicide Support
Irish Life Healthy Club Programme **(GAA)**

2.3 Ensure the provision and delivery of training and education programmes on suicide prevention to community-based organisations.

- SOS WRAP Sessions - 3 Completed, 39 Registrations, 39 Attendances
Wellness Workshop - 9 Completed, 263 Registrations, 203 Attendances
Supporter Workshop - 2 Completed, 25 Registrations, 17 Attendances
Supporters Community - 1 Completed, 12 Registrations, 11 Attendances
You Matter - 87 Visits, 103 Pages
Online WW - 398 Visits, 2968 Pages **(SOS)**





Goal 3: Targeted approaches for those vulnerable to suicide.

3.1 Improve the implementation of effective approaches to reducing suicidal behaviour among priority groups.

- Aware delivered 39 Life Skills Adult programmes to 644 individuals.
YTD, 13 of these programmes we delivered in-person in various locations nationwide and 26 programmes online.
Held two Life Skills Online phases YTD to 830 people
Delivered 8 Bipolar Disorder programmes to 61 people. **(Aware)**
- Dublin Simon, in response to the number of young adults (18-24) accessing emergency accommodation in Dundalk Co Louth, have started hosting a weekly drop in counselling clinic.
A review of the service is currently ongoing with a view to improving service delivery and reducing waiting times for clients. **(Dublin Simon)**
- SOS Eden 23/24 Ended in March 24 - 38 Applications, 13 Started, 9 Completed Programme.
Eden 24 Started May 24 - 46 Applications, 16 Started Programme. **(SOS)**
- The BeLongTo National Network met once, with an in-person meeting focusing on goals for 2024.
Network engagement plan/flyer created and launched internally. Development and Training Officer left role.
The Rainbow Award process underway with 15 services. 45 youth workers trained in Q1 as part of this. **(BeLonGTo)**
- First Fortnight in Q1 saw 84 therapy sessions relating to NOSP funding, 3 post therapy assessments and over 10 parent and referrer updates.
In scale out to new regions, Limerick and Donegal have therapists in post working with local partners.
A therapist was hired for Kildare and hosted meetings in Kerry. **(First Fortnight)**
- Exchange House facilitated 151 individuals being supported from 347 total case entries
43 Male, 76 female (55)
Presenting issues - Accommodation (46%), Mental Health & Suicide Ideation (33%), Child & Family Support (17%), Homelessness, Domestic Violence, Addiction, Bereavement/Grief, Legal/Justice, Discrimination/Racism, Health **(Exchange House)**





- LGBT Ireland provided 11 Training workshops- 211 professionals trained
2 webinars- 117 nurses, GPs attendees
16 New Helpline Volunteers trained
Helplines calls- 264
Telefriending- 16
4 peer support groups- 12 meetings / 86 attendees
Specialist supports- all on going (**LGBT Ireland**)
- In Q1 ICGP webinars included topics of: Mental Health, distress & healthcare utilisation in the LGBTQI+ community; The Importance of Social Interaction for Brain Health; HSE Talking Health and Wellbeing; and Mental Health
Forum MCQs. They were delivered to 1957 GPs and PNs.
(**ICGP**)
- Spunout in Q1 recruited for the vacant Mental Health Editor role.
Niamh Jimenez was welcomed as the new Mental Health Editor in April.
During this time, work was ongoing with the BAME panel, including recruitment and consultations on their mental health information needs. (**Spunout**)

3.3 Enhance the supports for young people with mental health problems or vulnerable to suicide.

- TENI, have recorded a successful Q1, with the team taking time to prepare and plan activity and engagement due to be delivered during Q2-Q4. The TENI Q1 operational report sets out the deliverables achieved so far and the metrics around queries and training sessions. Also attached is our finance report.
(**TENI**)
- USI action items on-track bar development of podcast, but there is a plan in place to get this delivered in a timely manner.
Business case is being developed for research per December 2023 funding discussion. (**USI**)
- Turn2Me does not have direct funding for 12-17 years olds, however, has have a private thought catcher, which is an emotional diary.
The organisation has a large library of psychoeducational articles that are written in plain language so as to be easily accessible. We have posted weekly guided meditations. (**Turn2Me**)





Goal 4: Improved access, consistency and integration of services.

4.2 Improve access to effective therapeutic interventions (e.g. counselling, DBT, CBT) for people vulnerable to suicide.

- MyMind have delivered on the following,
Total appointment: 8,820.
Total Q1 Low-Cost Appointments:3,024.
Low-cost Appointments represented 34% of total appointments in Q1.
Monthly Low-Cost Breakdown: January: 930, February: 1,021, March: 1,073 (*MyMind*)
- Pieta has worked with 2,514 unique intervention clients requiring support for suicidal ideation and/or self harm 1,036 Under 18; and 1,478 Adults). In the reporting quarter, a total of 11,542 client appointments were attended. Over 10,000 calls were also made to the Helpline. (*Pieta*)
- Turn2Me, between Jan and March 24, delivered 2145 counselling sessions and completed 55 support groups (592 users reserving a place in a group). The main presenting issues in counselling is anxiety, followed by Relationship Issues, Depression, Family Conflict and Stress. (*Turn2Me*)

4.3 Improve the uniformity, effectiveness and timeliness of support services to families and communities bereaved by suicide.

- Pieta's bereavement counselling service worked with 411 unique clients this quarter (62 Under 18; and 349 Adults).
A total of 2,341 appointments were attended (166 of these were initial assessments)
The SBLO service worked with 226 households delivering 1,152 client facing hours (*Pieta*)
- HUGG began 2024 with 16 HUGG Support Groups; 3 virtual, 1 in-person, and 12 hybrid (where members can attend in-person or virtually). (*HUGG*)



Goal 5: Safe and high quality services.

5.4 Ensure best practice among health and social care practitioners through (a) the implementation of clinical guidelines on self-harm and (b) the delivery of accredited education programmes on suicide prevention.

- The MHFI carried out the following work in Q1: revising two journal articles for publication; designing facilitator packs for the two workshops; testing the efficacy and acceptability of the video materials; producing C.A.L.M. model resources; running a 'Connector' facilitator training programme; engaging construction companies. *(MHFI)*



Goal 7: Better data and research.

7.2 Improve access to timely and high quality data on suicide and self-harm.

- In Q1 2024, the NSRF published 6 peer review papers and the National Self-Harm Registry Annual Report for 2021. NSRF researchers hosted a World Cafe, delivered several presentations and attended steering group meetings on national committees. (*NSRF*)





HSE National Office for Suicide Prevention

June 2024



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